

Tips for Overcoming Stage Fright

Don't let stage fright affect the fun and excitement of performing music in front of a live audience. These tips will help you manage your nerves so you can perform your very best.

- Take care of yourself
- Exercise to release endorphins
- Relax before your performance
- Practice, practice, practice
- Learn how to come out of mistakes
- Play for friends and family
- Record yourself playing
- Prepare your space in advance
- Focus on the positive
- Enjoy your moment

Learn more at:

<https://www.pianoforte-music.com/blog/how-to-get-over-stage-fright/>

Piano Forte Music School offers lessons and performance opportunities for aspiring musicians of all ages. For more information, contact us at (650) 454-6832.

